

Many Faces of Mental Illness

Thursday, June 10, 2010

Name _____

Home Address _____

City _____

State _____ Zip _____

Home Phone _____

Work phone _____

Soc.Sec. # _____

(requested for record keeping)

E-mail _____

Agency _____

Registration Fee: \$100

Course # 19602

Credit Card Information

I authorize use of my credit card to pay for the conference fee marked above:

Check one: Mastercard Visa

Discover American Express

Acct. # _____

Exp. Date _____

3 digit number on the back of your credit card

(V code) _ _ _

Cardholder Name (Print) _____

Signature _____

Three Ways to Register and Pay:

1 Fax Registration Form (credit card only) to:
(712) 324-4136

2 Call in Registration (credit card only) to:
(712) 324-5061 or (800) 352-4907

3 Mail Check with Registration Form to:
Must be received by June 4. Please verify with
your Company CFO that you have been prepaid
prior to attendance.

Northwest Iowa Community College
603 W. Park Street
Sheldon, IA 51201

7:15-8:30 a.m.

8:30-8:45 a.m.

8:45-9:45 a.m.

9:45-10:00 a.m.

10:00-11:00 a.m.

11:00-12:15 p.m.

12:15-1:00 p.m.

1:00-2:15 p.m.

2:15-2:30 p.m.

2:30-3:30 p.m.

3:30-4:30 p.m.

4:30-4:45 p.m.

Agenda

Thursday, June 10, 2010

Registration

Welcome and Opening remarks

Keynote

Puppy Chow is Better
than Prozac
Bruce Goldstein

Break

Keynote Continued

Puppy Chow is Better
than Prozac
Bruce Goldstein

Mother on a Mission: Raising
Consciousness & Awareness of
Adults with Autism
Amalia Starr

Lunch

Breakaway Laughter, How to
Lighten Up, Despite it All
Nan Crockett Valentine

Break

Breakout Sessions:

- **Co-occurring Disorders**
Fred White, LICSW, LADC
- **Autism Continued**
Amalia Starr
- **Navigating Change, Staying
Positive, Proactive and
Afloat in Rough Waters**
Nan Crockett Valentine

Breakout Sessions:

- **Co-occurring Disorders (cont)**
Fred White, LICSW, LADC
- **The Holistic Approach to
the fullness of Living**
Mary Hughes, MA
- **An Insider View of
OCD/Hoarding**
Chris Trondsen

Evaluations/Certificates

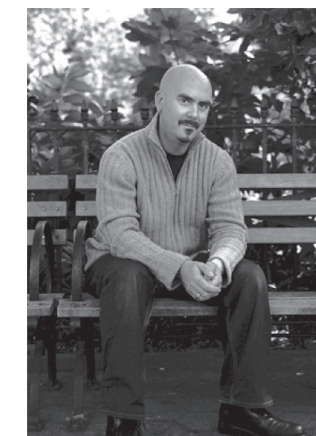
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Community Support Services
205 5th Street
Sioux City, Iowa 51101



Many Faces of Mental Illness

Keynote Speakers



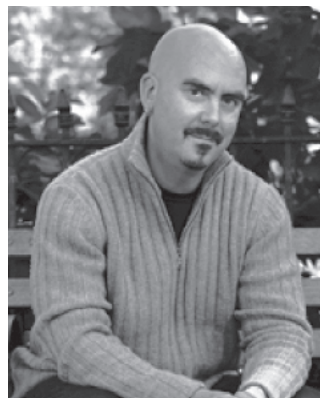
Bruce Goldstein
Author of: *Puppy
Chow is Better than
Prozac*



Amalia Starr
Author of:
*Raising Brandon:
Creating a Path to
Independence for
your Adult "Kid"
with Autism &
Special Needs*

Thursday, June 10, 2010
7:15 A.M. – 4:45 P.M.
Sioux City Convention Center
801 4th Street
Sioux City, Iowa 51101

Sponsored By:
Siouxland Mental Health Center



Bruce Goldstein, Author of *Puppy Chow is Better than Prozac*

The only thing better than getting a puppy as a little kid is getting a puppy when you turn 27 years old, you're out

of work, you're diagnosed with Manic Depression, and you're thinking about killing yourself. Bruce Goldstein was unemployed and recently dumped. This twenty-something New Yorker trying to make his mark in advertising had fallen into such a deep depression that he needed to call his mother just to get out of bed in the morning. From blowing \$18,000 on helicopter rides to talking to the knives in his sink, Bruce was in a downward spiral of bipolar disorder.

At the end of his rope, Bruce takes a desperate ride in a hurricane to find the one thing that just might save him: a slobbery ball of black fur. From teaching Bruce how to not take himself so seriously, Ozzy helps Bruce heal through the most unexpected source: the love of a good dog.

Amalia Starr

Will your special needs child – and you – achieve maximum independence?

"Rarely do I meet a mom who has a child with special needs who's not feeling overwhelmed and looking for solutions," says Amalia Starr, the author of *Raising Brandon: Creating a Path to Independence for your Adult "Kid" with Autism & Special Needs*. Starr's 36-year-old son, Brandon, has a form of autism called Asperger Syndrome. In her uplifting presentation she shares her experiences and practical strategies that will make life easier for you and your children, no matter what their age or stage of development. She offers help, hope and inspiration for parents who don't know where to turn.



Breakaway Laughter, How to Lighten Up Despite It All

By Nan Crockett Valentine

"Learn your hot buttons. Everyone else has." This sort of irreverent humor characterizes the approach Nan Crockett Valentine offers in this informative and inspiring keynote presentation. An author, consultant and executive coach who has worked with thousands of men and women, Nan will show us ways we can use humor to overcome life's most vexing hurdles.

Navigating Change: Staying Positive, Proactive and Afloat in Rough Waters

By Nan Crockett Valentine

Let's face it. Major change is generally about as welcome as a flat tire on the freeway. In this interactive and fun session participants will identify changes they are currently experiencing at work or at home. Nan Crockett Valentine will help us look at strategies for embracing and proactively managing ourselves as we work through these changes.

Holistic Wellness

By Mary Hughes

The Holistic Approach to the Fullness of Living is a simple, practical, and effective management method for individuals with a variety of challenges, which offers new skills and perspectives regarding recovery through self-help and self-empowerment strategies and techniques. By managing the Whole of our lives, we can attain our greatest level of functioning, recovery, discovery and fulfillment.

Obsessive-Compulsive Disorder: Hoarding

By Chris Trondsen

Chris started suffering with OCD as early as age 7. The OCD became so bad that in October of 2002 he attempted to take his own life to alleviate the suffering. By reading a chance article in a magazine about OCD, it was the first step in getting his OCD under control. He was diagnosed at age 20 but told by his primary care physician that his OCD was so severe that he could never improve. After research through the OCF's website, Chris was able to go from not being able to leave the house, to graduating college, taking martial arts, going back to work, and getting his life back.

Treating Co-Occurring Disorders

By Fred White LICSW, LADC

Fred is the Director of Substance Abuse Services at Community Council of Nashua, New Hampshire. This session will educate participants to better understand the struggle of the dually diagnosed client, learn effective strategies to serve dually diagnosed clients and understand the importance of offering substance abuse service within a Community Mental Health Center.

Conference Goal

To provide cutting edge information about mental health, wellness, and co-occurring disorders to professionals, clients and family advocates.

Conference Objectives

1. Establish an understanding of how the unconditional love of a dog helps heal people with mental illness.
2. Establish understanding of how humor enhances the workplace.
3. Establish the understanding of the struggle to live with obsessive compulsive disorder and how to find the effective treatment.
4. Establish an understanding of how to incorporate co-occurring disorders in organizations.

Continuing Education Credit

No partial credit will be given. A 100% attendance is required to receive certificate.

- Nursing CEU's (.78) Iowa Board of Nursing. Provider No. 23
- Social Workers (7.8) contact hours (CEH) as accepted by the Iowa Board of Social Work Examiners
- Nursing Home Administrator (7.8) contact hours (CEH)
- Other professionals: Alcohol and Drug Professionals, Psychologists, P.A.'s and other professionals may submit a copy of their certificates of attendance and flyer to their representative board for CEU/CEH.

Continuing education credits will be awarded by Northwest Iowa Community College.

CONSUMERS

A limited number of scholarships are available for mental health consumers meeting income guidelines. Applicants must apply by contacting Kim Fischer-Culver at 712-202-0173. Applications are due no later than June 1, 2010. **Those selected to receive a scholarship will be notified by phone.** No professionals or family members.

Conference Location

Sioux City Convention Center,
801 Fourth Street, Sioux City, IA 51101

Overnight accommodations are available at:

Clarion, 707 Fourth Street, 712-277-4101
(block of rooms available at \$72 - must be booked by May 19)

Holiday Inn - Downtown, 701 Gordon Drive,
712-277-9400

Best Western City Centre, 130 Nebraska St.
712-277-1550

Stoney Creek Inn, 300 - 3rd Street, 800-659-2220,
800-659-2220

Ramp parking will be validated by Convention Center staff.

Registration Information

Conference cost is \$100. Cost includes lunch & CEU/CEH. Registration deadline is June 1, 2010. Checks must be received by June 4. **After this date walk-ins only and submit check at registration.**

You will not be registered until Northwest Iowa Community College receives your registration fee. Confirmation notices will not be mailed.

Registration Form on reverse side.

The following information is necessary to register: Course title number – 19602
Social security number, name, address and phone number, professional license number when applicable.

THERE IS NO DIRECT BILLING.

REFUNDS

To request a refund contact Northwest Iowa Community College. No refunds after June 4th.

Vendor tables with various items for sale. Books by Bruce Goldstein, Amalia Starr, and Nan Crockett Valentine will be available to purchase along with various other mental health topics.